

2011 Military Health System Conference

Population Health Management

The Missing Element of PCMH

The Quadruple Aim: Working Together, Achieving Success

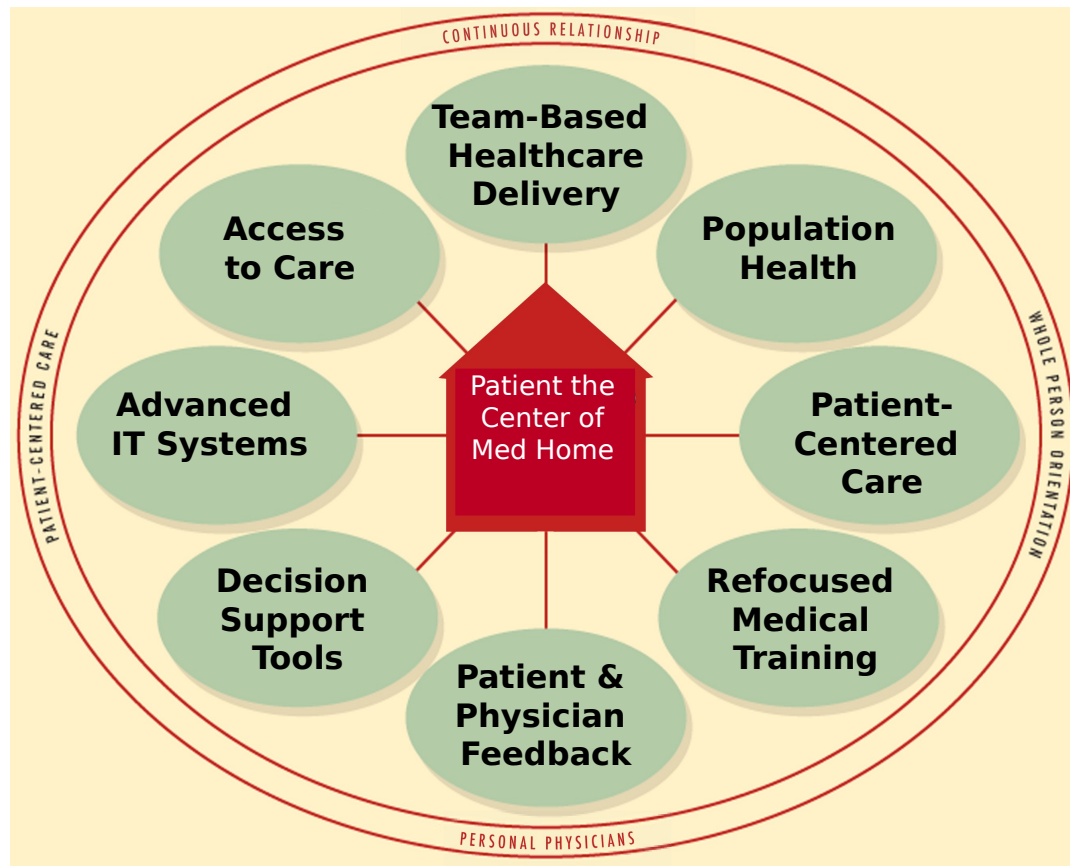
Kevin A. Dorrance, MD FACP

24 January 2011

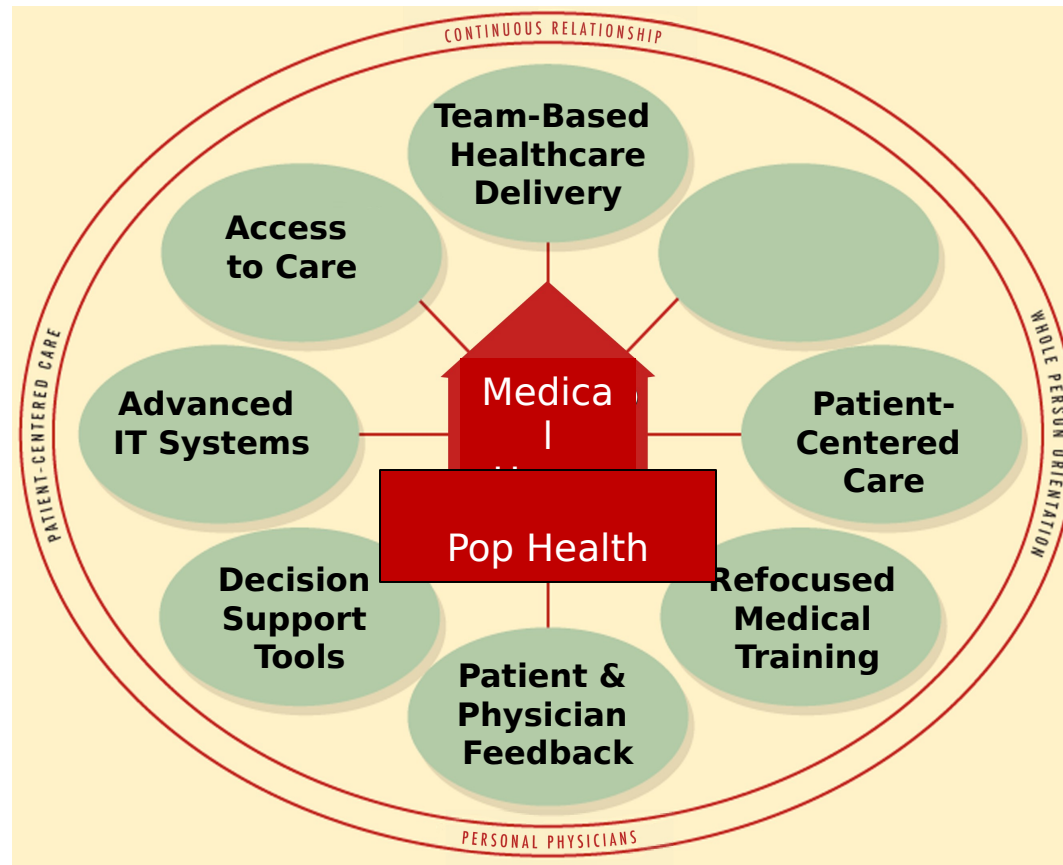


Walter Reed National Military Medical
Center

The Model



The Model

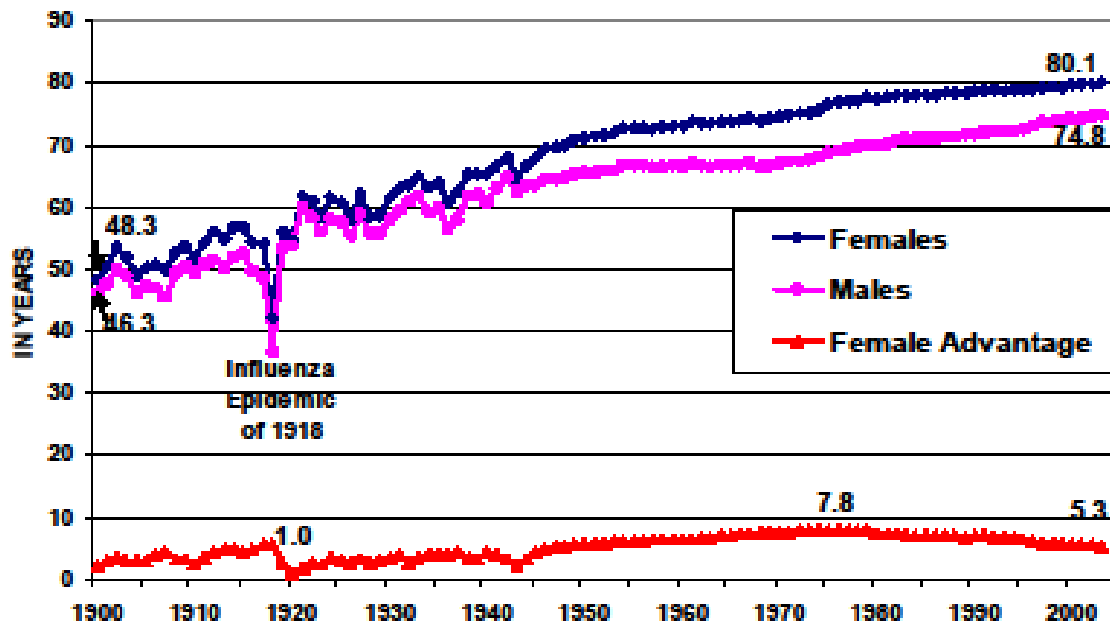




The Background



US Life Expectancy at Birth, by Sex, 1900-2003



If trends in chronic disease continue, we may live longer—but sicker—lives.

The Background



From 2007 to 2008, life expectancy for Americans in general declined by a little more than one month, from 77.9 to 77.8 years.

CDC National Center for Health Statistics, Division of Vital Statistics, Mortality Statistics Branch, 12/9/10

The Background



So Young and So Many Pills

Prescriptions for antihypertensives in people age 19 and younger could hit 5.5 million this year if the trend through September continues, according to IMS. That would be up 17% from 2007, the earliest year available. Still, a growing number of studies have been done under a Food and Drug Administration program that rewards drug companies for testing medications in children.



Wall Street Journal

28 Dec 2010

2011 MHS Conference

The Background

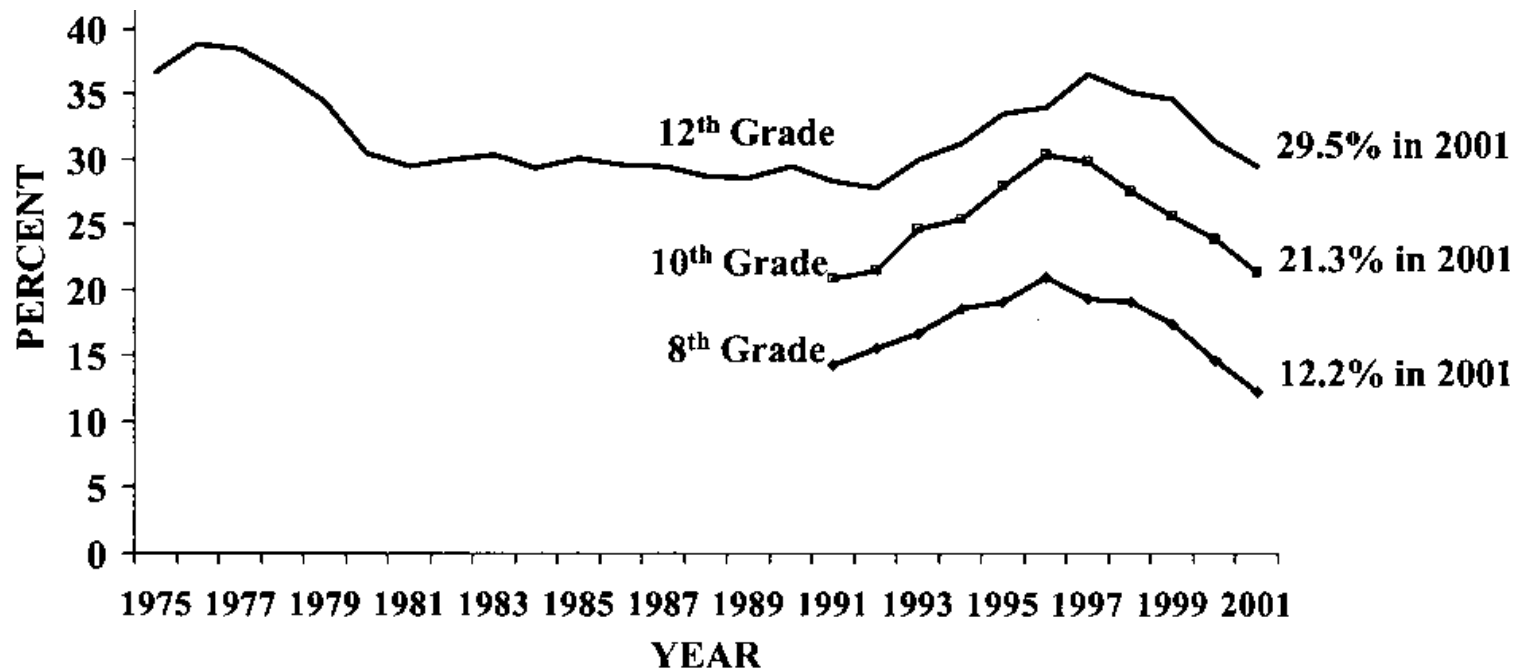


Figure 6 Trends in cigarette smoking anytime in the past 30 days by grade in school – United States, 1975–2001. Source: Institute for Social Research, University of Michigan, Monitoring the Future Surveys

The Background



Top 10 US Public Health Achievements, 1900-1999

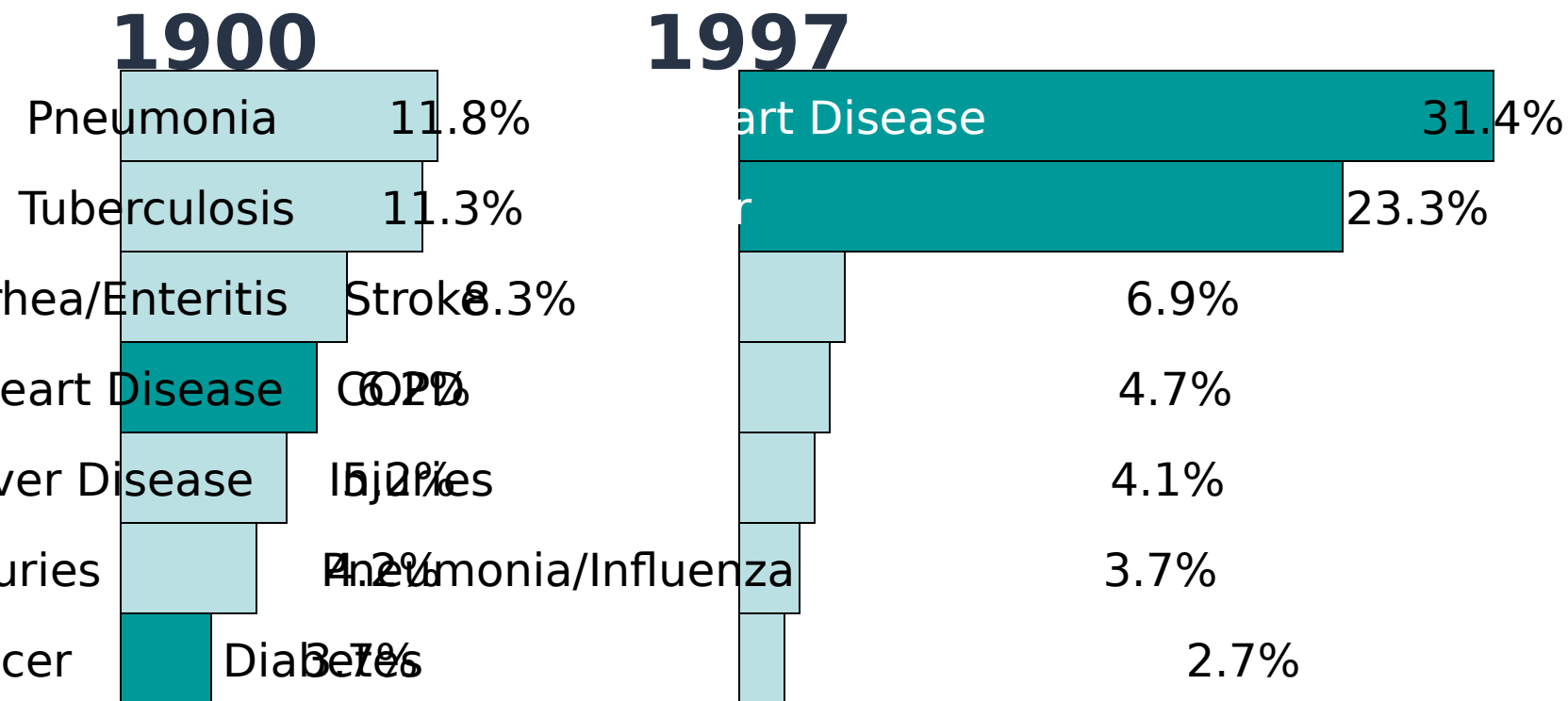
- Vaccination
- Motor vehicle safety
- Safer workplaces
- Control of infectious diseases
- Decline in deaths from coronary heart disease and strokes
- Safer and healthier foods
- Healthier mothers and babies
- Family planning
- Fluoridated drinking water
- Recognition of tobacco as a health hazard

Health care has had little to do with increased life expectancy over time.

The Crisis



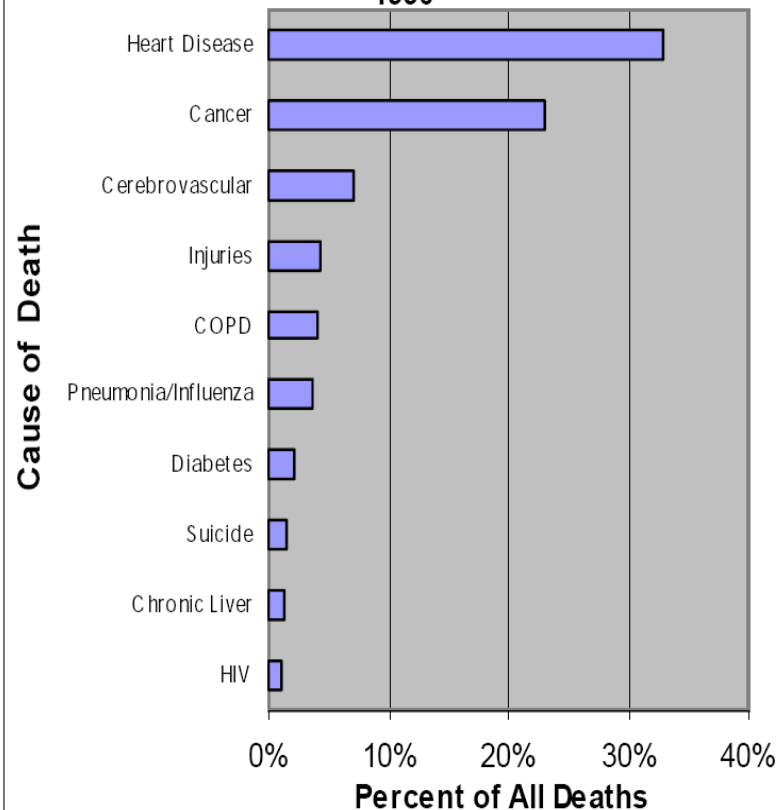
Leading Causes of Deaths in the United States



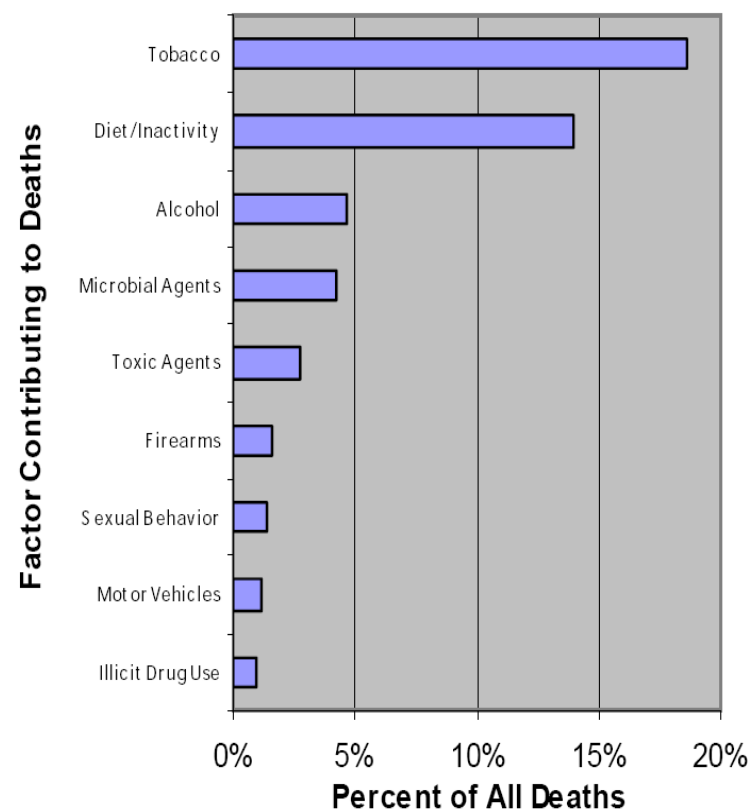
The Crisis



Leading Causes of Death, United States, 1990



Actual Causes of Death, United States, 1990



We are helping people lead unhealthier lives.

The Consequences



Population Health Management

We are experiencing a public health crisis *today*—but with a different set of problems that require a different set of solutions, tailored to the 21st century

Taking one chocolate at a time off the conveyor belt of health care will not solve the health care crisis—we need a paradigm shift that will transform our entire concept of health.

The Consequences



- Episodic disease model of care
- A growing prevalence of preventable chronic diseases – 75% of direct health care costs

Our continuing failure to proactively monitor and improve the overall health of our population has facilitated the growth of our current disease model of care.

The Consequences



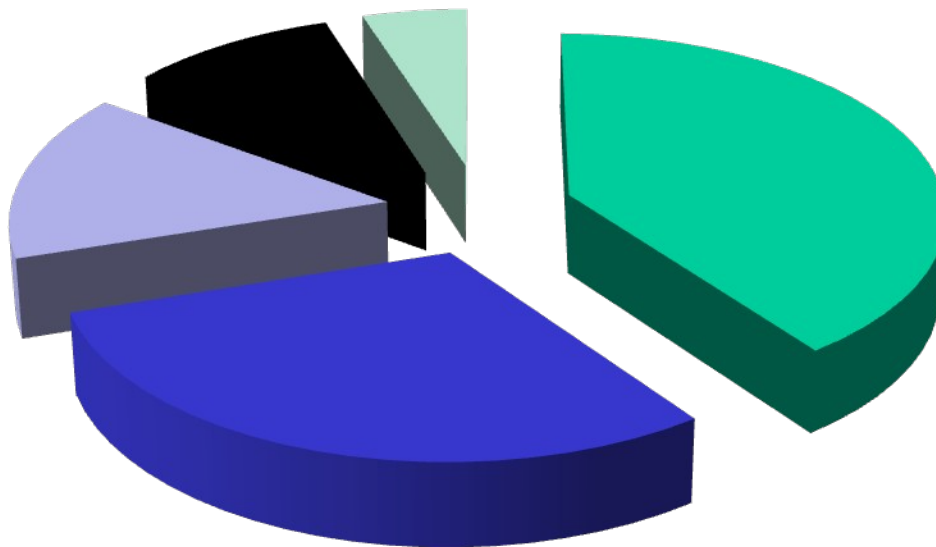
84% of the time the 14 most common physical complaints have no identifiable organic etiology.

Kroenke & Mangelsdorf, *Am J Med.* 1989; 86:262-266

The Consequences



Premature Deaths in the United States



- Behavioral Factors 40%
- Genetic Predispositions 30%
- Social Circumstances 15%
- Inadequacies in Medical Care 10%
- Environmental Exposures 5%

We are helping people lead unhealthier lives.

The Value Proposition



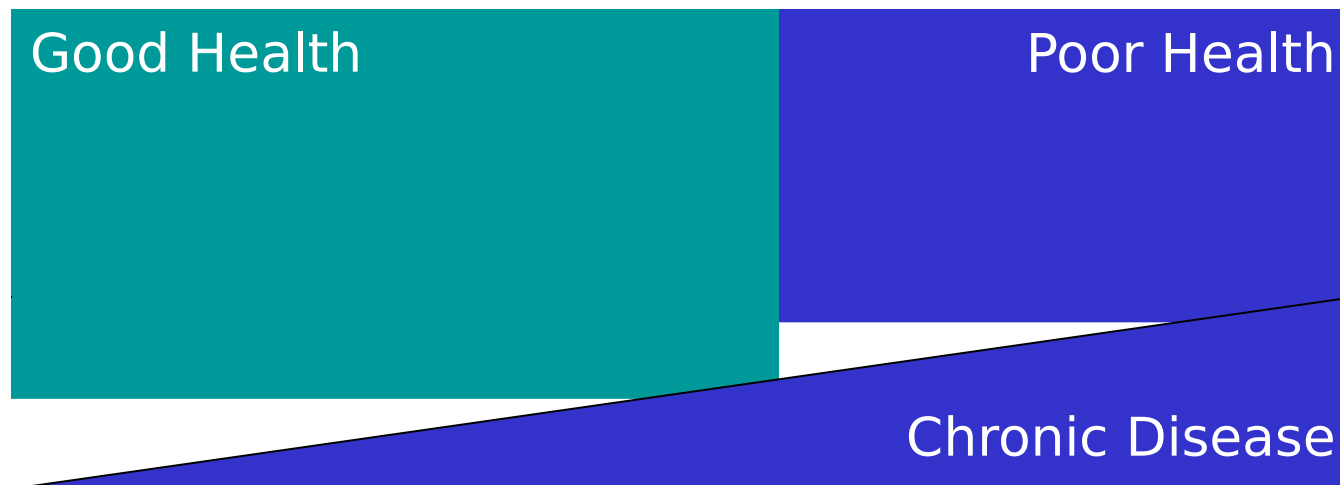
Good Health

Poor Health

Birth

Death

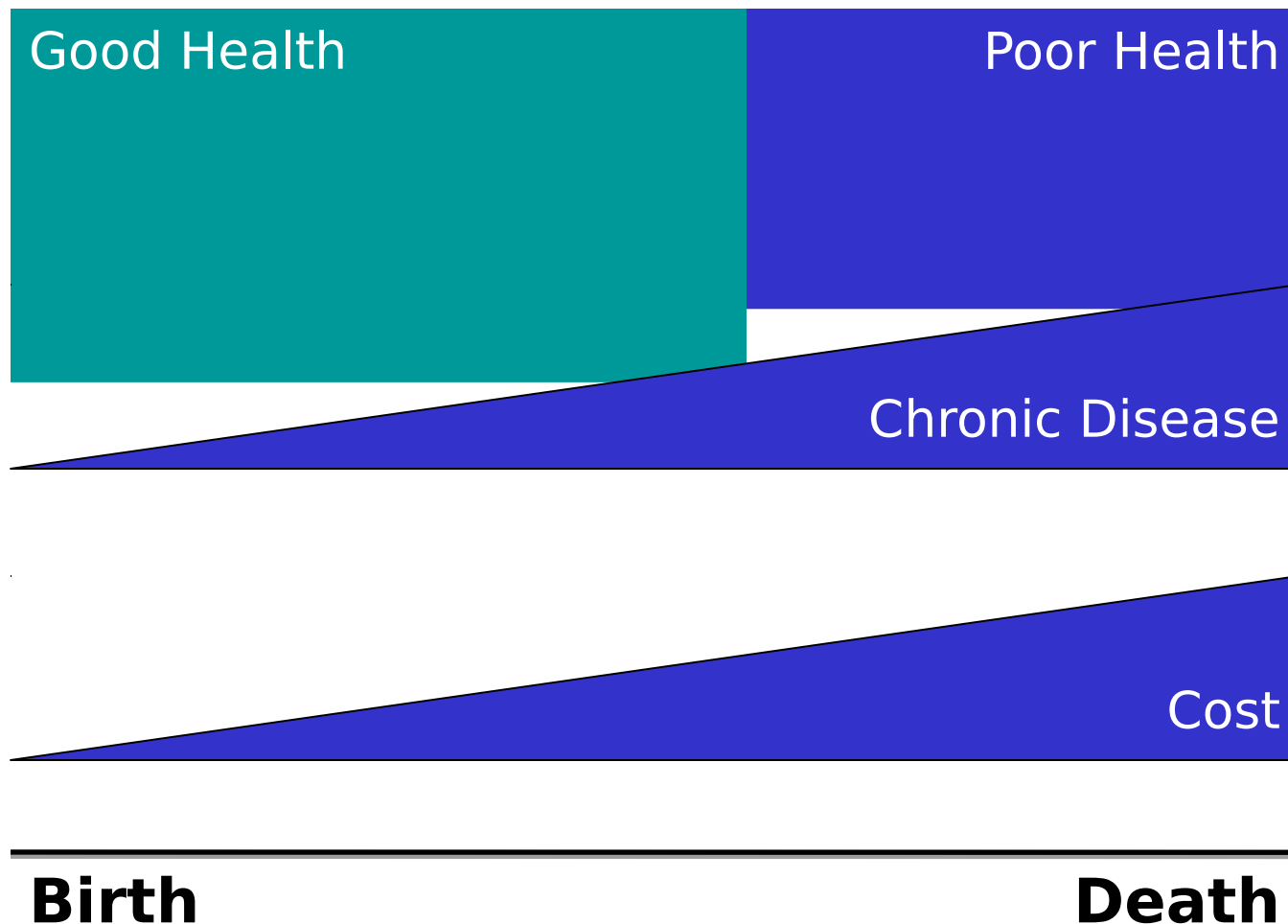
The Value Proposition



Birth

Death

The Value Proposition



The Missing Element



Population Health Management

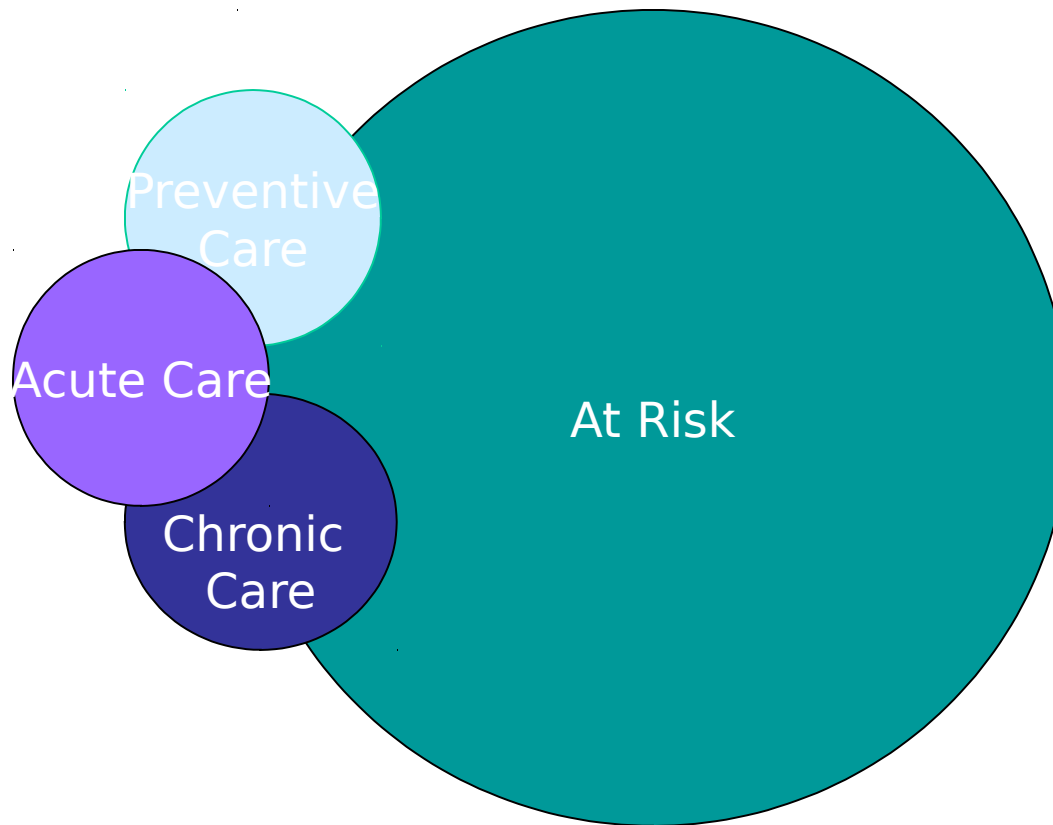
An integrative set of health delivery programs that proactively monitors and improves the fundamental health of a given population

We have more personal control over what we are dying from than ever before.

The Missing Element



The Population Health Management Model



**The
Population**

Pop Health Management



How to Manage the Health of a Population

- Medical home team ownership of entire population
- A set of IT tools and key preventive measures to monitor outcomes and help patients take ownership for their own health
- Provide patients with opportunities and support to improve their health and keep them healthy

Pop Health Management



Where to Start

- IT requirements
- Begin with staff—healthy role models for patients
- Re-align health promotion efforts with medical home
- Self-management program
- Behavioral health
- Dietician
- Health education
- Mind-body medicine
- Pharmacy

Discussion

